

Figure S1: The distribution of diabetes-related complications (n=50) as reported by 40 patients.

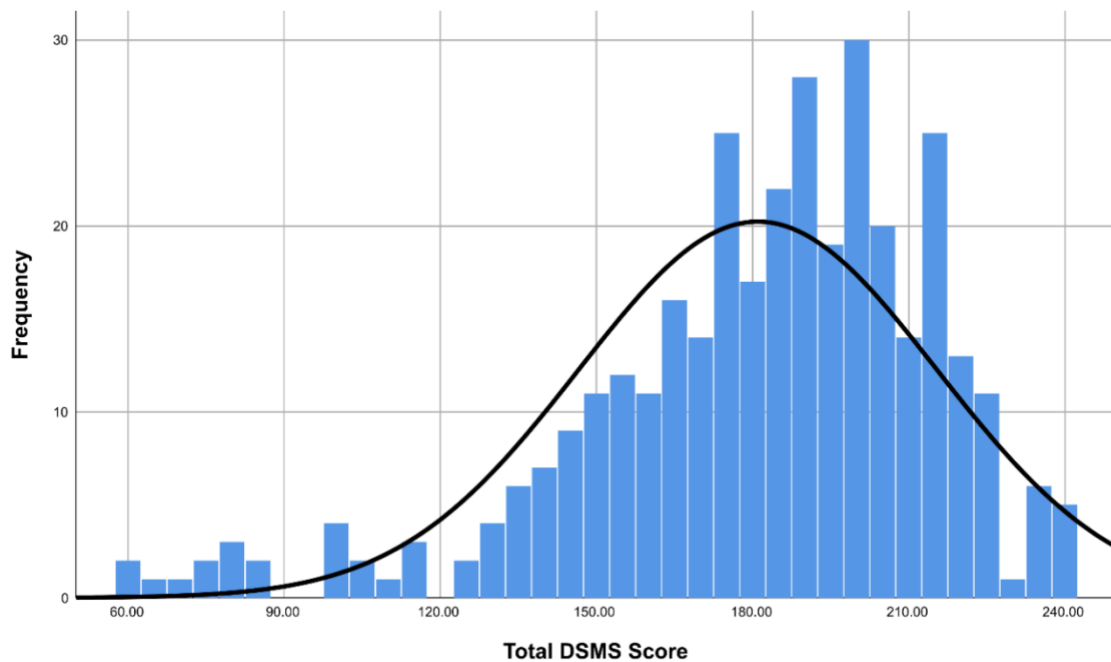


Figure S2: A histogram showing the frequency distribution of the DSMS score among the included diabetic patients.

Table S1: Descriptive data of the reliability, median scores, and scaled scores of the DSMS scale as well as DSMS subscales.

Parameter	N of items	Cronbach's alpha	Score Range	DSMS score	Scaled score
Dietary Control	15	0.93	15-60	46 (41.5-51)	76.67 (69.17-85.00)
Physical Activity	6	0.91	6-24	18 (12-20)	75.00 (50.00-83.33)
Monitoring Blood Glucose	5	0.87	5-20	15 (11-16)	75.00 (55.00-80.00)
Taking Medication	6	0.97	6-24	18 (9-24)	75.00 (37.50-100)
Foot Care	7	0.94	7-28	23 (21-27.5)	82.14 (75.00-98.21)
Problem Solving	8	0.79	8-32	27 (24-29)	84.38 (75.00-90.63)
Risk Reduction	13	0.94	13-52	44 (37.5-48.5)	84.62 (72.12-93.27)
Total	60	0.97	60-240	187 (165-205)	77.92 (68.75-85.42)

Table S2: Pairwise Comparisons of significantly different demographic groups of overall DSMS scores

Sample 1-Sample 2	Test Statistic	Std. Error	Std. Test Statistic	Sig.	Adj. Sig.a
Age					
40-49 versus 50-59	-4.818	17.023	-0.283	0.777	1
40-49 versus 70-79	-14.464	21.959	-0.659	0.51	1
40-49 versus 30-39	24.375	19.283	1.264	0.206	1
40-49 versus 60-69	-27.916	17.369	-1.607	0.108	1
40-49 versus 20-29	86.012	19.071	4.51	< 0.0001	< 0.0001
50-59 versus 70-79	-9.646	21.064	-0.458	0.647	1
50-59 versus 30-39	19.557	18.258	1.071	0.284	1
50-59 versus 60-69	-23.098	16.223	-1.424	0.155	1
50-59 versus 20-29	81.194	18.033	4.502	< 0.0001	< 0.0001
70-79 versus 30-39	9.911	22.929	0.432	0.666	1
70-79 versus 60-69	13.451	21.344	0.63	0.529	1
70-79 versus 20-29	71.547	22.751	3.145	0.002	0.025
30-39 versus 60-69	-3.54	18.58	-0.191	0.849	1
30-39 versus 20-29	61.636	20.18	3.054	0.002	0.034
60-69 versus 20-29	58.096	18.36	3.164	0.002	0.023
BMI					
Obese-Overweight	23.57	12.419	1.898	0.058	0.346
Obese-Underweight	54.604	39.143	1.395	0.163	0.978
Obese-Normal	55.745	14.449	3.858	< 0.0001	0.001
Overweight-Underweight	31.034	39.113	0.793	0.428	1
Overweight-Normal	32.175	14.367	2.239	0.025	0.151
Underweight-Normal	-1.141	39.804	-0.029	0.977	1
Marital Status					
Widow-Married	36.778	21.161	1.738	0.082	0.493
Widow-Divorced	49.001	33.675	1.455	0.146	0.874
Widow-Single	69.038	24.015	2.875	0.004	0.024
Married-Divorced	-12.223	27.706	-0.441	0.659	1
Married-Single	-32.26	14.503	-2.224	0.026	0.157
Divorced-Single	20.037	29.943	0.669	0.503	1
Treatment Type					
No treatment-Tablets and insulin	26.034	72.391	0.36	0.719	1
No treatment-Tablets only	38.919	71.729	0.543	0.587	1
No treatment-Insulin only	86.13	72.044	1.196	0.232	1
Tablets and insulin-Tablets only	12.886	14.437	0.893	0.372	1
Tablets and insulin-Insulin only	-60.096	15.927	-3.773	< 0.0001	0.001
Tablets only-Insulin only	-47.211	12.582	-3.752	< 0.0001	0.001

a Significance values have been adjusted by the Bonferroni correction for multiple tests.

Table S3: The difference in scores of DSMS subscales between demographic subgroups of patients with diabetes.

Parameter	Category	Dietary Control		Physical Activity		Monitoring Blood Glucose		Taking Medication		Foot Care		Problem Solving		Risk Reduction	
		Median (IQR)	P	Median (IQR)	P	Median (IQR)	P	Median (IQR)	P	Median (IQR)	P	Median (IQR)	P	Median (IQR)	P
Gender	Male	76.67 (68.33-85)	0.958	75 (58.33-83.33)	0.047	75 (55-80)	0.495	75 (37.5-95.83)	0.586	82.14 (75-96.43)	0.93	87.5 (74.22-90.63)	0.83	84.62 (75-92.79)	0.469
	Female	75 (70-85)		66.67 (50-79.17)		70 (50-85)		75 (37.5-100)		82.14 (71.43-100)		84.38 (75-90.63)		82.69 (69.23-94.23)	
Age	20-29	78.33 (73.33-85)	0.558	83.33 (66.67-95.83)	< 0.0001	80 (60-90)	0.027	100 (79.17-100)	< 0.0001	92.86 (78.57-100)	0.001	87.5 (84.38-93.75)	0.008	90.38 (75-96.15)	0.011
	30-39	75 (68.33-86.67)		75 (43.75-89.58)		70 (47.5-85)		75 (50-100)		78.57 (71.43-94.64)		84.38 (73.44-92.19)		82.69 (68.27-97.12)	
	40-49	76.67 (63.33-88.33)		75 (53.13-79.17)		70 (50-75)		64.58 (29.17-91.67)		78.57 (69.64-86.61)		84.38 (71.88-90.63)		80.77 (65.87-90.38)	
	50-59	75 (68.33-81.67)		70.83 (54.17-79.17)		75 (52.5-80)		62.5 (25-81.25)		75 (66.07-89.29)		81.25 (68.75-90.63)		78.85 (63.46-92.31)	
	60-69	76.67 (71.25-86.67)		75 (50-83.33)		70 (58.75-80)		72.92 (25-91.67)		85.71 (75-100)		87.5 (78.13-90.63)		87.5 (75-96.15)	
	70-79	75.83 (70.42-83.33)		64.58 (26.04-78.13)		70 (55-80)		75 (53.13-100)		76.79 (71.43-96.43)		82.81 (69.53-90.63)		79.81 (68.75-90.38)	
BMI	Underweight	78.33 (65-93.33)	0.511	79.17 (62.5-83.33)	0.057	80 (60-85)	0.071	87.5 (66.67-100)	< 0.0001	82.14 (71.43-100)	0.427	84.38 (75-87.5)	0.006	86.54 (75-88.46)	0.011
	Normal	75.83 (73.33-83.75)		75 (62.5-87.5)		75 (68.75-85)		87.5 (75-100)		83.93 (75-100)		87.5 (78.13-96.88)		90.38 (75-100)	
	Overweight	76.67 (68.33-88.33)		75 (54.17-83.33)		70 (50-80)		75 (25-100)		82.14 (74.11-97.32)		87.5 (75-90.63)		84.62 (71.15-94.23)	
	Obese	75 (68.33-83.33)		70.83 (45.83-79.17)		70 (55-80)		68.75 (37.5-91.67)		80.36 (67.86-93.75)		82.81 (71.88-87.5)		78.85 (70.67-90.38)	
Marital status	Married	76.67 (70-85)	0.955	75 (54.17-79.17)	0.101	75 (55-80)	0.23	75 (37.5-95.83)	< 0.0001	82.14 (74.11-100)	0.058	84.38 (75-90.63)	0.127	83.65 (72.6-94.23)	0.584
	Single	76.67 (65-85)		75 (55.21-94.79)		75 (51.25-85)		89.58 (75-100)		85.71 (75-100)		87.5 (81.25-92.97)		87.5 (73.56-92.31)	
	Divorced	75 (67.92-95.42)		75 (45.83-96.88)		72.5 (32.5-92.5)		91.67 (53.13-100)		85.71 (67.86-93.75)		85.94 (73.44-92.19)		79.81 (73.08-93.75)	
	Widow	75 (66.67-86.67)		58.33 (37.5-79.17)		60 (42.5-75)		37.5 (25-93.75)		75 (55.36-92.86)		81.25 (71.88-90.63)		76.92 (65.38-91.35)	
Educational level	Illiterate	73.33 (68.33-79.17)	0.1	66.67 (37.5-77.08)	< 0.0001	70 (55-75)	0.043	75 (37.5-100)	0.176	82.14 (69.64-94.64)	0.174	84.38 (75-90.63)	0.576	78.85 (70.19-90.38)	0.744
	Primary	75 (69.58-86.25)		66.67 (38.54-79.17)		60 (46.25-75)		50 (37.5-87.5)		75 (53.57-95.54)		87.5 (72.66-90.63)		84.62 (68.75-96.15)	
	Preparatory	75.83 (70.83-83.33)		66.67 (48.96-79.17)		70 (53.75-80)		68.75 (35.42-88.54)		80.36 (71.43-97.32)		81.25 (71.88-91.41)		80.77 (74.52-92.79)	

	Secondary	78.33 (71.67-88.33)		75 (62.5-87.5)		75 (60-85)		75 (37.5-100)		82.14 (75-98.21)		87.5 (75-89.06)		86.54 (75-94.23)	
	University	78.33 (70-86.67)		75 (54.17-87.5)		75 (55-85)		85.42 (39.58-100)		85.71 (75-100)		84.38 (75-90.63)		83.65 (69.23-96.15)	
	Diploma	71.67 (63.33-78.33)		75 (47.92-83.33)		75 (57.5-85)		79.17 (43.75-100)		89.29 (75-100)		87.5 (79.69-98.44)		82.69 (68.27-93.27)	
Occupational Status	Employed	76.67 (68.33-86.67)	0.227	75 (62.5-87.5)	< 0.0001	75 (60-85)	0.004	75 (37.5-100)	0.353	82.14 (75-100)	0.211	87.5 (75-90.63)	0.136	86.54 (75-96.15)	0.03
	Unemployed	75 (69.58-85)		66.67 (45.83-79.17)		70 (50-80)		75 (37.5-96.88)		78.57 (67.86-96.43)		84.38 (75-90.63)		80.77 (69.23-90.87)	
Monthly salary	≤ 3,000 SAR	75 (69.17-85)	0.426	70.83 (50-79.17)	0.105	70 (55-80)	0.383	75 (41.67-100)	0.187	82.14 (75-100)	0.041	87.5 (78.13-90.63)	0.047	86.54 (75-92.31)	0.002
	3,000-5,000 SAR	76.67 (71.67-86.67)		75 (54.17-83.33)		75 (55-80)		75 (37.5-95.83)		82.14 (75-100)		85.94 (75-90.63)		84.62 (73.56-94.23)	
	5,000-10,000 SAR	75 (68.33-88.33)		75 (54.17-83.33)		75 (60-85)		75 (25-100)		78.57 (71.43-91.07)		84.38 (71.88-90.63)		86.54 (73.08-95.19)	
	≥ 10,000 SAR	75 (65-85)		70.83 (37.5-79.17)		70 (30-75)		54.17 (25-87.5)		75 (46.43-85.71)		78.13 (59.38-87.5)		71.15 (53.85-80.77)	